

## Fun Food Friday – Pasta Sauce



### **Ingredients:**

3 cups chopped onions  
1/8 cup of chopped garlic (or 8 cloves)  
3 to 4 TBSP olive oil  
1 (28 oz) can crushed tomatoes  
2 (28 oz) can diced tomatoes  
1 (16 oz) can tomato paste  
1 TBSP oregano  
½ TBSP basil  
½ TSP red pepper flakes (optional)  
2 TSP sugar  
Salt to taste

Pepper to taste

Meat such as meatballs, sausage or  
hamburger meat (optional)

### **Materials:**

Large cooking spoon  
Measuring cups  
Large pot

1. Heat olive oil on medium-high heat, add the onions, letting them cook for 3-5 minutes, stirring occasionally until translucent.
2. Add garlic and cook until it becomes fragrant. Stir occasionally. Don't let the garlic get brown.
3. Add tomato paste, cook with garlic and onions. Cook for 5 minutes until you start to see browning on the bottom of the pan.
4. Add crushed and diced tomatoes. Stir well and add spices. Turn heat down to low. Add meat if desired. Let simmer for an hour, stirring occasionally to prevent burning and sticking.
5. After an hour, taste and add more salt or seasoning if needed. Add sugar and cook for another ½ hour.
6. Serve over pasta. You can freeze the extra sauce for other meals. Storing in the freezer is good for up to 6 months. If freezing the extra sauce, use plastic freezer bags.

Enjoy!